

# **GASTROBACK®**

Operating Instructions

**DESIGN MULTICOOKER ADVANCED**



Art.-No. 42538 Design Multicooker Advanced

Read all provided instructions before first usage!

Model and attachments are subject to change!

For household use only!



Carefully read all provided instructions before you start running the appliance and pay attention to the warnings mentioned in these instructions.

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## Dear Customer!

Congratulations! A series of new possibilities come with your new Gastroback Design Multicooker Advanced, the multicooker that makes tender slow cooked meals, stir-free risotto, and fluffy rice all in the same bowl. Also with a sauté setting that allows you to caramelize all your lovely fresh ingredients.

Rice can be fluffy when steamed, creamy in a risotto, or spicy when in a slow cooked meal. This variety definitely makes weekly meals more interesting.

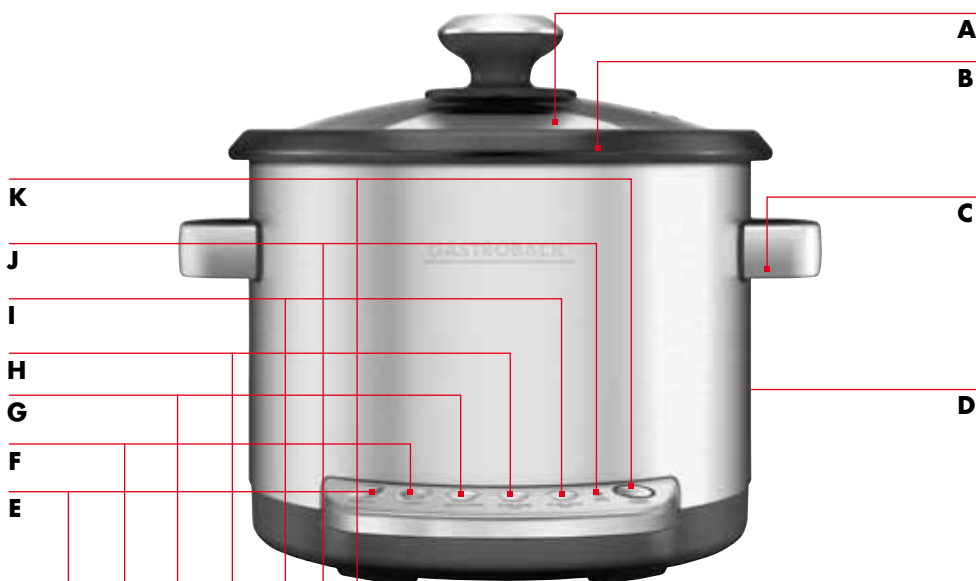
These instructions for use will inform you about the various functions and features, which make it easy to take pleasure in your new multicooker.

We hope that you will enjoy your new Design Multicooker Advanced.

Your Gastroback GmbH



# KNOWING YOUR DESIGN MULTICOOKER ADVANCED



- A** Tempered domed glass lid.  
With steam vent. Dishwasher safe.
- B** Removable non-stick cooking bowl.  
Prevents risotto and rice from sticking.
- C** Cool-touch handles
- D** Removable power cord (not shown).  
For convenient serving at the table and storage.
- E** RISOTTO setting
- F** SAUTÉ | SEAR setting
- G** RICE | STEAM setting.  
Large 10 scoop capacity cooks up to 20 scoops of cooked rice.
- H** LOW SLOW COOK setting  
Gently simmers food for an extended period of time.
- I** HIGH SLOW COOK setting  
Simmers food quicker for when time is a constraint.
- J** KEEP WARM  
Automatically switches on after each setting (except sauté).
- K** START | CANCEL button
- L** Stainless steel steaming tray  
Ideal for vegetables, seafood and poultry.
- M** Rice scoop and serving spoon

## IMPORTANT SAFEGUARDS

**Carefully read all instructions before operating this appliance and save for further reference.** Do not attempt to use this appliance for any other than the intended use described in these instructions. Any other use, especially misuse, can cause severe injuries or damage by electric shock, heat or fire.

Any operation, repair and technical maintenance of the appliance or any part of it other than described in these instructions may only be performed at an authorised service centre. Please contact your vendor.

- This appliance is for household use only and not intended for use in moving vehicles. Do not operate or store the appliance in humid or wet areas or outdoors. Any use of accessories, attachments or spare parts not recommended by the manufacturer may result in damage and/or injuries to persons.
- Check the entire appliance regularly for proper operation—especially the power cord. Do not use the appliance if the non-stick coating is damaged in any way (e.g. scratched, or peeling off). **Do not operate the appliance, when liquids are in the housing of the appliance or accumulate under the appliance or overflow.** Do not operate the appliance, when the appliance or any part of it is likely to be damaged, to avoid risk of fire, electric shock or any other damage and/or injuries to persons. The appliance is likely to be damaged if the appliance was subject to inadmissible strain (e.g. overheating, mechanical or electric shock), or if there are any cracks, excessively frayed or melted parts, or distortions, or if the appliance is leaking or not working properly. In this case, immediately unplug the appliance and return the entire appliance (including all parts and accessories) to an authorised service centre for examination and repair.
- During operation keep the appliance in an appropriate distance of at least 20 cm on each side and 1 m above to furniture, walls, boards, curtains, and other objects. Do not operate the appliance beneath or below any heat-sensitive or moisture-sensitive materials, boards, or drop-lights to avoid damage caused by steam, heat, or condensate. Operate the appliance on a well accessible, stable, level, dry, heat-resistant, water-resistant and suitable large table or counter. Do not place the appliance over a power cord, or near the edge of the table or counter, or on wet or inclined surfaces, or where it can fall. Always keep the appliance and the table or counter clean and dry, and wipe off spilled liquids immediately.
- Do not place any clothes or tissue or other objects under or on the appliance during operation, to avoid risk of fire, electric shock and overheating. Before operation, always ensure that there are no foreign objects in or under the pot, and the appliance is assembled properly and not leaking with the lid and upper cover firmly in place. Solely use the appliance for processing edible food. Immediately unplug the appliance, if there is any kind of malfunction or problem (e.g. leaking, overheating).
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children must be supervised to ensure that they do not play with the appliance or any parts of the appliance or the packaging. Do not leave the appliance unattended, when it is in reach of young children. Always keep the appliance where it is dry and clean and where young children cannot reach it. Do not place any hard and/or heavy objects on the appliance or any part of it. Take care that no one will pull the appliance by the power cord.

- Do not leave any cooking utensils or other foreign objects in the pot of the appliance during operation. **Do not use any hard, sharp or edged objects (e.g. knives, forks) with the appliance.** Only use wooden or heat-resistant plastic cooking utensils to stir and serve the food (e.g. supplied serving spoon). Do not use the inner pot for mixing ingredients to avoid excessive wear of the non-stick coating. Do not handle the appliance or any part of it with violence.
- The appliance is heated by built-in electric heating elements. The appliance or power cord may never touch hot surfaces. Do not place the appliance or any part of it on or near hot surfaces (e.g. burner, heater or oven). Do not use any part of the appliance (e.g. pot, steamer) with any other device.
- Do not move or tilt the appliance with the pot filled and inserted in the appliance to avoid that the liquid will be spilled. Always switch off, and unplug the appliance when it is not in use and let the appliance cool down sufficiently before moving, cleaning, or for storage. Always grasp the appliance on both handles for moving or lifting.
- Always observe the maximum filling level marks, when filling the pot, especially when heating foodstuffs that could froth. Otherwise hot liquids and foods could overflow or drip on the appliance and cause injuries and damage. Before starting operation, always ensure that there is a sufficient amount of liquid or foodstuffs in the pot, the pot is inserted correctly and the upper cover is assembled and closed properly. (See: ›Operation‹)
- Always have the glass lid placed correctly into position on the appliance throughout operation of the appliance unless states in the recipe to have it removed.
- Do not use abrasive cleaners or cleaning pads (e.g. metal scouring pads) for cleaning. Do not clean the appliance with any corrosive chemicals (e.g. bleach). Do not immerse the appliance or power cord in water or any other liquid. Do not spill or drip any liquids on the appliance or on the power cord to avoid risk of fire and electric shock. When liquids are spilled in the appliance, immediately switch off, unplug the power cord and wait for the appliance to cool down. Thereafter, clean and dry the appliance thoroughly (See: Care and Cleaning).
- **DO NOT place the appliance or power cord in an automatic dishwasher.**
- Do not leave any food dry on the appliance. Always clean the appliance after each use to prevent a build up of baked-on foods (See: ›Care and Cleaning‹). Always keep the appliance and the accessories clean.
- This appliance is intended to be used in household and similar applications such as:
  - staff kitchen areas in shops, offices and other working environments;
  - farm houses;
  - by clients in hotels, motels and other residential type environments;
  - bed and breakfast type environments.

## Important Safeguards for Electrical Appliances

The appliance is heated electrically. Place the appliance near a suitable wall power socket to connect the appliance directly to a protected mains power supply with protective conductor (earth/ground) connected properly. Ensure that the voltage rating of your mains power supply corresponds to the voltage requirements of the appliance (220 - 240 V, 50 Hz, AC, rated for at least 8 A).

The installation of a residual current operated circuit breaker (r.c.c.b.) with a maximum rated residual operating current of 30 mA in the supplying electrical circuit is strongly recommen-

ded. If in doubt, contact your electrician for further information. In various foreign countries, the specifications for power supplies are subject to incompatible norms. Therefore it is possible that power supplies in foreign countries do not meet the requirements for safe operation of the appliance. Thus, before operating the appliance abroad, ensure that safe operation is possible.

- Do not use any extension cords or multiset socket outlets.
- Always handle the power cord with care. Always completely unwind the power cord before use. Do not place the appliance on a power cord. Power cords may never be knotted, twisted, pulled, strained or squeezed. Do not let the plug or power cord hang over the edge of the table or counter. The power cord may not touch hot surfaces. Ensure that no one will pull the appliance by the power cord. Take care not to entangle in the power cord. Always grasp the plug to disconnect the power cord. Do not touch the power plug with wet hands when the appliance is connected to the power supply.
- Do not place or immerse the appliance or the power cord in water or any other liquid. Do not spill or drip any liquids on the power cord or exterior of the appliance. When liquids are spilled on the appliance or power cord, immediately switch off and unplug the appliance.

## High Temperatures – Risk of Burns

The multicooker is designed for cooking and heating a variety of foods and, therefore, the interior of the appliance will get very hot during operation.

- Because pot, lid and interior of the appliance are very hot during operation and shortly thereafter, do not touch these parts with your hands, arms or any other parts or your body or any heat- or moisture-sensitive objects. Do not place the pot on any heat-sensitive surfaces, shortly after operation. If required, protect your hands and arms with pot holders or oven gloves.
- Always position steam vent on lid away from yourself to avoid scalding from escaping steam.
- Even with the lid properly closed, steam will escape from the pot seam and steam vent during operation and shortly thereafter. **During operation and immediately thereafter do not hold your hands, arms or face over the appliance to avoid scalds caused by steam escaping from the steam vent in the glass lid.** In the steam vent and at the interior of the lid condensate could accumulate and drip and, additionally, large amounts of steam could escape from under the lid, when opening the lid. When opening the appliance, keep a sufficient distance to avoid scalds.
- **Do not cook any high-proof alcoholic liquor or alcoholic foodstuffs (e.g. mulled wine, grog) within the appliance to avoid risk of explosion and fire.**

## Non-stick Coating


The inner pot of your multicooker is provided with a non-stick coating. Do not use hard or sharp objects for scratching, mixing or cutting on the coatings. Do not use the inner pot as a mixing bowl. Always remove your foods from the pot, before mixing or cutting. We will not be liable for damage to the non-stick coating, if metal utensils or similar objects have been used.

Please adhere to the following precautions:

- Do not use the pot with the non-stick coating being scratched, cracked or detached due to overheating.

- Only use wooden or heat-resistant plastic cooking utensils to stir and serve the food. Do not use any spray-on non-stick coatings.
- The non-stick surface minimises the effort of cleaning. Do not use abrasive scourers or abrasive cleaners for cleaning. Even stubborn residues can be removed via a soft sponge or soft nylon brush and warm dishwater or in the automatic dishwasher.

## TECHNICAL SPECIFICATIONS

Model:	Art. No. 42538 Design Multicooker Advanced
Power supply:	220 - 240 V, 50 Hz
Power consumption:	640 - 760 W
Length of power cord:	ca. 110 cm
Weight:	ca. 2.9kg
Dimensions:	ca. 32 cm x 28 cm x 27 cm (width x depth x height)
Capacity:	3,7 Litre
Certification:	

## BEFORE FIRST USE

**WARNING: DO NOT let young children play with the appliance, or any part of it, or the packaging!**

Before first use, remove all packaging material and promotional labels and wash the non-stick removable cooking bowl, stainless steel steaming tray and glass lid in hot soapy water, rinse and dry thoroughly.

## OPERATION

### How to Make Risotto

#### SAUTÉ|SEAR setting

1. Ensure exterior of the removable cooking bowl is clean before placing it in the housing (this will ensure proper contact with the inner cooking surface).
2. Plug power cord into the power outlet. The START|CANCEL button and RISOTTO button surround will illuminate in white.
3. Press the SAUTÉ|SEAR button, the button surround will illuminate in white. Press the START|CANCEL button to activate the setting, the button surround will illuminate red.
4. Cover with lid and allow to pre-heat for approximately 2-3 minutes (do not preheat for longer than 5 minutes).
5. Add oil/butter and allow to heat/melt for approximately 1 minute.
6. If using chicken or seafood in the recipe, sear in small batches, cover with lid and stir occa-



sionally until food is cooked. Remove from cooking bowl.

7. Add extra oil/butter to cooking bowl if necessary or if recipe states. Allow to heat for approximately 1 minute.
8. Add ingredients such as onions and garlic. Sauté, cover with lid if necessary and stir occasionally for about 4 to 5 minutes or until cooked to desired brownness.
9. Stir in Arborio or carnaroli rice and mix well. Sauté for approximately 2-3 minutes, stirring occasionally.
10. Pour in wine (if using) and cook uncovered until rice has absorbed all liquid and alcohol has evaporated, stirring frequently.
11. Press the START | CANCEL button to stop the SAUTÉ | SEAR setting.
12. Refer to step 2 in the RISOTTO setting section below.

## RISOTTO Setting

1. Follow steps 1-11 in the SAUTÉ | SEAR setting section above.
2. Add stock or water and stir well. Cover with lid and press the RISOTTO button, then press the START | CANCEL button to activate the setting. The START | CANCEL button surround will illuminate red and cooking will commence.
3. Allow to cook until the ready beeps sound and the multicooker automatically switches to the KEEP WARM setting. This will take approximately 20-30 minutes depending on the recipe.
4. Remove lid and stir well using the serving spoon provided. At this stage remaining ingredients can be added i.e., butter, parmesan cheese, herbs, salt and pepper.
5. The multicooker will remain on the KEEP WARM setting for 30 minutes before switching off. However, risotto is best served as soon as possible after completion of cooking.

**NOTE:** There may be occasions when the multicooker switches to the KEEP WARM setting or switches off before cooking is complete. If this occurs, simply press the desired cooking button, then press the START | CANCEL button. The START | CANCEL button surround will illuminate red and the selected setting will be activated. This is a safety mechanism to prevent overheating due to certain cooking conditions.

**TIP:** Allow the risotto to rest in the KEEP WARM setting for 5 or 10 minutes to finish cooking.

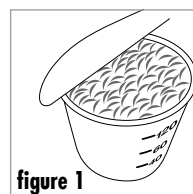
**TIP:** For optimum risotto results, we recommend you stir once after 15-20 minutes in the RISOTTO setting.

## How to Make Rice

### RICE | STEAM setting

1. Use the multicooker rice scoop provided to measure the required quantity of rice (refer to cooking tables - page 47). Always measure level scoops, not heaped (figure 1).

**NOTE:** The multicooker rice scoop is not a standard metric measuring cup. 1 multicooker rice scoop is equal to 150g of uncooked rice and



180 ml of water. If your multicooker rice scoop is lost or misplaced, use another cup but maintain the same cooking ratios and ensure you do not exceed the 10 scoop maximum line in the removable cooking bowl:

White Rice = 1 scoop rice + 1 scoop water  
Brown Rice = 1 scoop rice + 1 ½ scoops water } Using the multicooker rice scoop

2. Place measured rice into a separate bowl and wash with cold water to remove any excess starch. The rice is ready for cooking when water runs clear from the rice. Drain well.
3. Ensure the exterior of the removable cooking bowl is clean before placing it in the housing (this will ensure proper contact with the inner cooking surface) (figure 2).

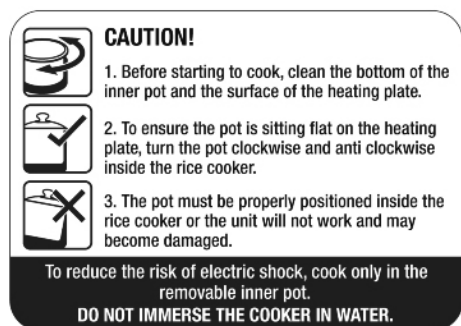


figure 2

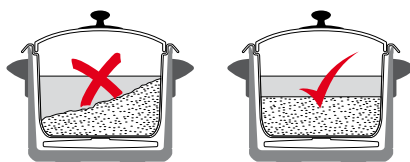


figure 3

4. Add the washed rice to the removable cooking bowl, ensuring rice is spread evenly across the bottom of the bowl and not heaped to one side (Fig 3).
5. Add water using the following ratios:  
White Rice = 1 scoop rice: 1 scoop water  
Brown Rice = 1 scoop rice: 1 ½ scoops water
6. Place the glass lid into position.
7. Plug power cord into power outlet. The START | CANCEL button and RISOTTO button surround will illuminate in white.
8. Press the RICE | STEAM button, then press the START | CANCEL button to activate the setting. The START | CANCEL button surround will illuminate red and cooking will commence.
9. When cooking is complete, the ready beeps will sound and the multicooker will automatically switch to the KEEP WARM setting.
10. Open the lid and turn the rice over with the serving spoon provided. Replace the lid and allow the rice to stand for 10-15 minutes before serving. This allows any excess moisture to be absorbed, resulting in a fluffier rice texture.

**NOTE:** After using the RICE setting the appliance will automatically switch to the KEEP WARM setting for up to 5 hours.

**NOTE:** Do not remove the glass lid until ready to serve (except for when turning over rice after cooking is complete or as suggested in the recipes).

**NOTE:** To stop the KEEP WARM setting, unplug the power cord.

## **IMPORTANT**

- Always place liquid into the removable cooking bowl before pressing the START|CANCEL button.
- Do not interfere with the automatic selector control during operation.
- To prevent scratching the non-stick surface of the removable cooking bowl, always use wooden or plastic utensils.
- Ensure the removable cooking bowl is correctly positioned in the appliance base before you commence cooking.

## **WARNING**

- Before removing the non-stick cooking bowl from housing, always ensure the power cord is unplugged.
- Always use heat protective gloves or oven mitts when removing the lid and the non-stick cooking bowl from the appliance.
- Always position steam vent on lid away from yourself to avoid scalding from escaping steam.
- Always lift and remove the lid carefully, angling it away from yourself to avoid scalding from escaping steam.
- To ensure continued protection against risk of electric shock, connect to properly grounded outlets only.
- Cook only in removable non-stick cooking bowl.
- Do not use a damaged or dented removable cooking bowl. If damaged or dented, replace bowl before using.

## **How to Slow Cook**

### **SEAR setting**

Searing in the multicooker may take a little extra time and whilst not strictly necessary, the rewards are evident in the end result. The cooking bowl keeps the heat stable and uniform allowing the meat to brown and form an even crust. Plus searing seals in the moisture, intensifies the flavour and provides more tender results.

1. Ensure exterior of the removable cooking bowl is clean before placing it in the housing (this will ensure proper contact with the inner cooking surface).
2. Plug power cord into the power outlet. The START|CANCEL button and RISOTTO button surround will illuminate in white.
3. Press the SAUTÉ|SEAR button, the button surround will illuminate white. Press the START|CANCEL button to activate the setting, the button surround will illuminate red.
4. Cover with lid and allow to pre-heat for approximately 2-3 minutes (do not preheat for longer than 5 minutes).
5. Add oil/butter and allow to heat/melt for approximately 1 minute with the lid on.

6. Always sear meat and poultry in small batches. Cover with lid and cook, stirring occasionally until food is evenly browned. Remove from cooking bowl. When finished searing, proceed to the Slow Cook Settings section below.

## **SLOW COOK Settings**

The multicooker has two slow cook settings: Low and High. Use the recommended guidelines below to determine cooking time and use recipes in this instruction book. Dishes can be prepared well in advance and cooking time regulated so that food is ready to serve at a convenient time.

A general rule of thumb for most slow cooked meat and vegetable recipes is:

**Cooking Time:**                      LOW: 6-7 hours                      HIGH: 3-4 hours

**NOTE:** These cooking times are approximates only and times can vary depending on ingredients, quantities in recipes and whether the cooking bowl and its ingredients are hot from searing. As a guide meats such as chicken or small pieces of meat will have best results when cooked on high for 3-4 hours. Larger pieces of meat such as lamb shanks will have best results when cooked on low for 6-7 hours.

**Cooking Times (with Searing):** When the SAUTÉ|SEAR setting is used prior to slow cooking, cooking times will be shortened slightly. Check for doneness intermittently during cooking.

## **LOW or HIGH SLOW COOK Settings**

1. Add all ingredients into the cooking bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side and the liquid level is between MIN and MAX markings on the bowl.
2. Place the glass lid into position.
3. Press the LOW SLOW COOK or HIGH SLOW COOK button, then press the START|CANCEL button to activate the setting. The START|CANCEL button surround will illuminate red and cooking will commence.
4. Allow to cook until the ready beeps sound. The unit then automatically switches to KEEP WARM setting.
5. The multicooker will remain on the KEEP WARM setting for 5 hours before switching off.

The Gastroback Design Multicooker Advanced is designed specifically for flavour layering. A technique professional chefs use to enhance and deepen the taste of meals by using the same pan for browning onions, searing meats and creating casseroles, curries, soups and bolognaise. For this reason, Gastroback has now developed a SLOW COOK with a SAUTÉ|SEAR setting to caramelise vegetables and sear meats before commencing the slow cooker function.

Following is a guide to help simplify the process of slow cooking, allowing you to obtain optimum results from your multicooker. We have also included helpful hints for successful slow cooking. For recipes, go to the recipe section in this instruction book.

## Preparing Meat and Poultry

Select the freshest cuts when purchasing meat. Trim the meat or poultry of any visible excess fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in extra liquid being formed from the fat as it melts. For casserole type recipes, cut the meat into cubes, approximately 4cm to 5cm. Slow cooking allows less tender cuts of meat to be used. The bones can be left in meat or poultry. This imparts a good flavour and helps to keep the meat tender during cooking.

### Suitable meat cuts for slow cooking

- Beef chuck, skirt, round steak, boneless shin (gravy) beef, bone-in-shin (osso bucco), tri tip.
- Lamb shanks, drumsticks (frenched shanks), neck chops, boned out forequarter or shoulder.
- Veal diced leg, shoulder/forequarter chops and steaks, neck chops, knuckle (osso bucco).
- Pork leg steaks, diced belly, diced shoulder, boneless loin chops.
- Chicken pieces bone in (thigh cutlets/drumsticks).
- Chicken thigh fillets.

## Preparing Vegetables

Vegetables should be cut into even-sized pieces to ensure more even cooking. Frozen vegetables must be thawed before adding to other foods cooking in the multicooker.

## Rice Cooking Tables

The rice scoop provided with your multicooker is used in the following tables.

**NOTE:** The multicooker rice scoop is not a standard metric measuring cup. 1 multicooker rice scoop is equal to 150g of uncooked rice and 180ml of water. If your multicooker rice scoop is lost or misplaced, use another cup but maintain the same cooking ratios and ensure you do not exceed the 10 scoop maximum line in the removable cooking bowl:

White Rice = 1 scoop rice + 1 scoop water  
Brown Rice = 1 scoop rice + 1½ scoops water

}

Using the multicooker rice scoop

### White Rice

Uncooked white rice (Multicooker Rice scoops)	Cold tap water (Multicooker Rice scoops )	Cooked rice –approx. (Multicooker Rice scoops)	Cooking time – approx. (minutes)
2	2	5	10-12
4	4	9	12-15
6	6	15	15-20
8	8	16	20-25
10	10	27	25-30

## Brown Rice

Uncooked brown rice (Multi-cooker Rice scoops)	Cold tap water (Multi-cooker Rice scoops )	Cooked rice –approx. (Multicooker Rice scoops)	Cooking time – approx. (minutes)
2	3	5	25-30
4	6	10	30-40
6	9	15	40-45

**NOTE:** Due to the additional water needed to cook brown rice, some starchy water bubbles may rise to the lid while cooking.

## Rice Variations

### Savory Rice

Prepare rice in the multicooker as specified, substituting all the water with the same quantity of chicken, beef, fish, or vegetable stock.

### Sweet Rice

Prepare rice in the multicooker as specified substituting half the water with apple juice, orange juice or pineapple juice. Cooking rice with milk or cream is not recommended as it will burn onto the bottom of removable cooking bowl.

### Saffron Rice

Add ¼ teaspoon of saffron powder or 2 saffron threads to every 2 cups of water. Use the white rice cooking tables. Mix well.

### Arborio Rice

Arborio rice is short round-grained pearly rice often used for Italian risotto cooking. Use the brown rice cooking tables.

### Jasmine Rice

Jasmine rice is fragrant long grain rice. Use the white rice cooking tables.

### Basmati Rice

Basmati rice is an aromatic long grain rice. Use the white rice cooking tables.

### Wild Rice

It is not recommended to cook wild rice alone in the multicooker as it requires a substantial amount of water. It is possible to cook wild rice as a blend with white or brown rice.

### TIP

- Add a little extra water for fluffier rice and a little less water for firmer rice.
- Some rice varieties may require more water for cooking, such as wild rice blends, Arborio rice or short grain rice. Follow the directions on the packet or use the brown rice cooking table.

### Quinoa

Quinoa is an ancient South American grain that is high in protein with fluffy, creamy and slightly crunchy texture. Use the brown rice cooking tables.

### Sushi

Sushi rice is short grained rice used in Japanese cooking. Use the brown rice cooking tables.

## Steaming

Steamed foods retain most of their nutritional value when cooked in the multicooker. Foods may be steamed by placing food in the stainless steel steaming tray over stock or water and covering with the glass lid. Keep the glass lid on while steaming food unless the recipe or chart specifically states to remove the lid. By removing the lid unnecessarily steam is lost and the cooking time will be extended.

1. Measure 3 rice scoops or more of water or stock and pour into the removable cooking bowl. Use up to a maximum of 6 rice scoop cups of water.
2. Place food to be steamed directly into the stainless steel steaming tray and insert into the removable cooking bowl. (Refer to the steaming tables on pages 50 – 51 for approximate cooking times).
3. Place removable cooking bowl with the steaming tray into housing and cover with the glass lid.
4. Plug power cord into a power outlet. The START|CANCEL button and RISOTTO button surround will illuminate in white.
5. Press the RICE|STEAM setting then press the START|CANCEL button to activate the setting. The START|CANCEL button surround will illuminate red and cooking will commence.
6. When steaming is complete, the ready beeps will sound and the multicooker will automatically switch to the KEEP WARM setting.
7. If no further steaming is required, press the START|CANCEL button to cease operation and turn the multicooker off and then unplug power cord. Allow to cool before cleaning.

**NOTE:** Keep the glass lid on while steaming food unless the recipe or chart specifically states to remove the lid. (By removing the lid unnecessarily, steam is lost and the cooking time will be extended.)

**NOTE:** Do not let the removable cooking bowl boil dry during steaming.

**NOTE:** Hot liquid can be added during the steaming process.

## Hints and tips for steaming vegetables

- Smaller pieces will steam faster than larger pieces.
- Try to keep vegetables to a standard size to ensure even cooking.
- Fresh or frozen vegetables may be steamed.
- If steaming frozen vegetables, do not thaw.
- The size and shape of vegetables, as well as personal taste, may call for adjustments to the cooking time. If softer vegetables are required, allow extra cooking time.
- Do not allow water or stock to reach the stainless steel tray. The steaming will not be effective.

**WARNING:** Always lift and remove the lid carefully, angling it away from yourself to avoid scalding from escaping steam.

## Steaming Tables

Vegetables	Preparation & tips	Quantity	Cooking time min
Artichoke	remove hard outer leaves & stalk	2 medium	30 - 35
Asparagus	trim, leave as spears	2 bunches	12 - 14
Beans	top and tail, leave whole	250 g	13-15
Beets	trim, do not break skin	300 g	12-13
Bell Peppers	cut into strips	3 medium	14-16
Broccoli	cut into florets	250 g	8-10
Brussel Sprouts	cut a cross in the base	375 g	17-19
Cabbage	large pieces	500 g	10-12
Carrots	cut into strips	3 medium	14-16
Celery	slice into strips	3 stalks	5-6
Chickpeas	soak for 12 hours	1 cup dried	40-45
Corn	whole corn cobs	2 small cobs	20-22
Mushrooms	whole, unwashed	300 g	8-10
Onions	peeled, leave whole	6 medium	20-25
Snow peas	topped and tailed	250 g	4-5
Peas	fresh, peeled frozen	250 g 250 g	8-10 4-5
Potatoes	all purpose, whole	4 (150-180g each)	35-40
Potatoes	new, whole	6 (125 g each)	25-30
Sweet Potato	cut into pieces	300 g	20-25
Pumpkin	cut into pieces	300 g	20-25
Spinach (English)	leaves and stems cleaned	½ bunch	5
Squash (baby)	topped and tailed	350 g	8
Turnips	peeled, sliced & cut to 50g pieces	350 g	15-17
Zucchini	sliced	350 g	6



## Hints and tips for steaming fish and seafood

- Season fish with fresh herbs, onions, lemon etc. before cooking.
- Ensure fish fillets are in a single layer and do not overlap.
- Fish is cooked when it flakes easily with a fork and is opaque in color.

Type	Suggestions and tips	Cooking time (minutes)
Fish – fillets	Steam until opaque and easy to flake.	8-10
– whole	A cutlet is cooked when the centre bone is able to be easily removed	15-20
– cutlets		12-14
Lobster – tails	Remove underside of shell	18-20
Mussels – in shell	Steam until just opened	12-14
Clams	Steam until just opened	8-10
Prawns – in shell	Steam until pink	8-10
Scallops	Steam until opaque	4-6

## Hints and tips for steaming poultry

- Select similar sized pieces of poultry for even cooking.
- For even cooking results arrange poultry in a single layer.
- Remove visible fat and skin.
- To obtain a browned appearance, sear the chicken before steaming.
- Check poultry is cooked by piercing the thickest part. The poultry is cooked when the juices run clear.

Type	Suggestions and tips	Cooking time (minutes)
Breast fillet	Place skin side up	20-25
Drumstick	Place thickest part to outside of the steaming tray	30-35
Thigh fillet	Place thickest part to outside of the steaming tray	18-20

## Hints and tips for steaming dumplings

- Fresh or frozen dumplings and savoury buns can be steamed.
- Place small pieces of baking paper, or cabbage or lettuce leaves, under the dumplings to avoid sticking to the steaming tray.

Type	Suggestions and tips	Cooking time (minutes)
BBQ pork or chicken buns	Cook from frozen	10-12
Dumplings – frozen	Separate before cooking	8-10
Dumplings – fresh		5-6

### Keep warm setting

The multicooker will automatically switch to the KEEP WARM setting once the RICE, RISOTTO and SLOW COOK settings have finished cooking. It will keep KEEP WARM for up to 5 hours on the RICE and SLOW COOK settings and up to 30 minutes on the RISOTTO setting.

### SOLVING PROBLEMS

If any problems occur during operation, you will find solutions in this section. Further information on processing your food is given in ~~section Tips for Best Results.~~

Problem	What to Do
The multicooker suddenly switches off.	<ul style="list-style-type: none"><li>• Ensure power plug is connected properly to the appliance and to power outlet.</li><li>• The appliance has been stressed or has overheated due to cooking conditions. Push the desired cooking button and then the START CANCEL button to reset and continue cooking. Allow a few minutes for appliance to reheat and continue cooking.</li></ul>
The multicooker has switched to KEEP WARM setting before cooking is complete.	<ul style="list-style-type: none"><li>• Press the START CANCEL button to reset. Then, select the desired cooking method to continue cooking.</li></ul>

### CARE AND CLEANING

- Unplug the power cord from the power outlet.
- Allow all parts to cool before removing the removable cooking bowl. Wash the removable cooking bowl, stainless steel steaming tray and glass lid in hot, soapy water, rinse and dry thoroughly.
- Gastroback does not recommend that any parts of your multicooker are washed in a dishwasher as harsh detergents and hot water temperatures may stain or distort the removable cooking bowl and accessories.
- Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the non-stick surface.
- The housing can be wiped over with a damp cloth and then dried thoroughly. To prevent damage to appliance do not use alkaline cleaning agents when cleaning, use a soft cloth and a mild detergent.

**NOTE:** If rice has cooked onto the bottom of the removable cooking bowl, fill the bowl with hot, soapy water and leave to stand for approximately 10 minutes before cleaning.

**WARNING:** The appliance connector must be removed before the multicooker is cleaned and that the appliance inlet must be dried before the multicooker is used again.

To prevent damage to the multicooker do not use alkaline cleaning agents when cleaning, use a soft cloth and mild detergent.

Do not use chemicals, steel wool, metal scouring pad or abrasive cleaners to clean the outside of the multicooker housing or cooking bowl as these can damaged the housing or the coating of the cooking bowl.

Do not immerse housing or power cord in water or any other liquid as this may cause electrocution.

## STORAGE

**WARNING:** Young children must be supervised that they do not play with the appliance or any part of it. When the appliance is not in use, always unplug the appliance. Do not leave the appliance unattended while connected to the power supply to avoid risk of electric shock or fire. Always clean the appliance before storing to avoid accumulation of dried-on food. Operate according to the instructions ›Care and cleaning‹. Make sure that there are no foreign substances on the heating plates and close the lid for storing. Ensure to store the appliance where it is clean, dry and safe from frost, direct sunlight and inadmissible strain (mechanical or electric shock, heat, moisture) and where it is **out of reach of young children**. Place the appliance on a clean and stable surface, where it cannot fall. Do not place any hard or heavy objects on the appliance or any part of it.

1. Clean the appliance according to the instructions ›Care and cleaning‹.
2. Make sure there are no foreign objects on the heating plates.
3. Close the lid and move the appliance by the handle. Store the appliance on a clean and stable surface, where it cannot fall.

**CAUTION:** Do not hold the appliance by the power cord for moving the appliance. To move the appliance, always grasp the appliance on both handles, to avoid damage.

Always handle power cords with special care. Electric cables may never be knotted, twisted, pulled, strained or squeezed.

Do not use any parts or accessories of the appliance for any other purpose than operating the appliance. It is good advice to store the parts of the appliance with the appliance.

## NOTES FOR DISPOSAL



Dispose of the appliance and packaging must be effected in accordance with the corresponding local regulations and requirements for electrical appliances and packaging. Please contact your local disposal company.

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities. Contact your local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being. When replacing old appliances with new ones, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.

## INFORMATION AND SERVICE

Please check [www.gastroback.de](http://www.gastroback.de) for further information. For technical support, please contact Gastroback Customer Care Center by phone: +49 (0)4165/22 25-0 or e-mail: [info@gastroback.de](mailto:info@gastroback.de).

## WARRANTY

We guarantee that all our products are free of defects at the time of purchase. Any demonstrable manufacturing or material defects will be to the exclusion of any further claim and within warranty limits of the law free of charge repaired or substituted. There is no warranty claim of the purchaser if the damage or defect of the appliance is caused by inappropriate treatment, over loading or installation mistakes. The warranty claim expires if there is any technical interference of a third party without an written agreement.

The purchaser has to present the sales slip in assertion-of-claim and has to bear all charges of costs and risk of the transport.



## RECIPE IDEAS

### Creamy tomato and lentil soup

Serves 4 – 6

#### Ingredients

- 1 tablespoon olive oil
- 1 large red onion, sliced
- 2 cloves garlic, crushed
- 1 small red chilli, seeds removed and finely chopped
- 2 tablespoons tomato paste
- 3 cups tomato passata
- 4 cups chicken stock
- 2 teaspoons brown sugar
- $\frac{3}{4}$  cup red lentils
- 1 cup Greek yoghurt
- Salt and freshly ground pepper
- 2 tablespoons chopped coriander

#### Method

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Remove lid, add oil and heat for 1 minute further.
3. Add onion, garlic and chilli, cover with lid, cook for 3-4 minutes, stirring occasionally or until onion has softened.
4. Add tomato paste and cook for a further minute. Stir in passata, stock, sugar and lentils. Cover with lid.
5. Press the SLOW COOK HIGH BUTTON and cook for 3-4 hours or SLOW COOK LOW BUTTON and cook for 6-7 hours.
6. Stir through yoghurt and season with salt and pepper to taste. Serve sprinkled with chopped coriander.

### Chicken Cacciatore

Serves 4 – 6

#### Ingredients

- 1 tablespoon olive oil
- 2 kg chicken pieces (skin removed)
- 1 medium onion, sliced
- 2 cloves garlic, crushed
- 1 cup tomato passata
- $\frac{1}{2}$  cup pitted Kalamata olives
- $\frac{1}{4}$  cup white wine
- $\frac{1}{2}$  cup chicken stock
- 200 g button mushrooms, halved
- 2 teaspoons chopped fresh rosemary
- 2 teaspoons sugar
- Salt and freshly ground black pepper
- $\frac{1}{4}$  cup chopped fresh basil

#### Method

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add oil and heat for 1 minute.
3. Add chicken in batches, and cook until lightly browned; remove and set aside. Drain off any excess oil and reheat removable cooking bowl for another 1 minute.
4. Add onion and garlic and cook for 3-4 minutes, stirring occasionally, or until softened.
5. Stir in tomato passata, olives, wine, stock, mushrooms, rosemary and sugar.
6. Return chicken to removable cooking bowl and submerge in sauce and vegetables. Cover with lid.
7. Press the SLOW COOK HIGH BUTTON and cook for 3-4 hours.
8. Season to taste and stir through chopped basil.

## Chicken with rosemary, lemon and garlic

Serves 4 – 6

### Ingredients

- 1 tablespoon olive oil
- 2 kg chicken pieces, skin removed
- 1 onion, chopped
- 3 cloves garlic, sliced
- 1 teaspoon grated lemon rind
- 1 teaspoon cracked black pepper
- 1 tablespoon fresh chopped rosemary
- ½ cup white wine
- ½ cup chicken stock
- 2 tablespoons lemon juice
- Salt and freshly ground black pepper

### Method

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add oil and heat for 1 minute.
3. Add chicken in batches, and cook until lightly browned. Remove and set aside.
4. Add onion, garlic, lemon rind, pepper and rosemary. Cover and cook, stirring occasionally until softened.
5. Stir in wine and simmer for 2 – 3 minutes to cook off alcohol. Add stock, lemon juice and return chicken to the removable cooking bowl and submerge in the sauce.
6. Cover with lid. Press the SLOW COOK HIGH BUTTON and cook for 3 – 4 hours.
7. Season to taste and serve hot accompanied with oven-roasted potatoes, pumpkin and steamed green beans.

## Lamb shank ragu

Serves 4

### Ingredients

- 2 tablespoons olive oil
- ¼ cup plain flour
- 6 small lamb shanks, frenched
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 carrot, diced

- 1 large stick celery, diced
- ⅓ cup tomato paste
- ½ cup red wine
- 400 g can diced tomatoes
- ½ cup chicken or beef stock
- 1 bay leaf
- Salt and freshly ground black pepper

### Method

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add oil and heat for 1 minute.
3. Coat lamb shanks in flour, shaking off excess and cook until lightly browned; remove and set aside.
4. Add onion, garlic, carrot and celery and cook for 3 – 4 minutes, stirring occasionally, or until softened.
5. Stir in tomato paste and cook for a further 1 minute.
6. Add wine and bring to the boil; simmer for 1 – 2 minutes, scraping up any of the sediment in the base of the bowl.
7. Return shanks to removable cooking bowl and pour over tomatoes, stock and bay leaf; mix well to coat.
8. Cover with lid. Press the or SLOW COOK LOW BUTTON and cook for 6 – 7 hours.
9. Season with salt and pepper and serve immediately with mashed potato.

## Fragrant lamb curry

Serves 4 – 6

### Ingredients

- 2 tablespoons vegetable oil
- 1.5 kg lamb leg, diced into 5cm cubes
- 1 large onion, sliced
- 2 cloves garlic, crushed
- 2 cm knob ginger, finely chopped
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon curry paste
- 1 teaspoons ground turmeric
- ½ teaspoon ground cloves

- 5 cardamom pods
- 1 cinnamon stick
- 1 cup water or chicken stock
- ½ cup plain yoghurt
- ⅓ cup chopped coriander to serve
- Salt and freshly ground black pepper

### Method

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add half the oil and heat for 1 minute.
3. Add lamb in small batches and cook until lightly browned; remove and set aside.
4. Add remaining oil and onion and garlic and cook for 3 – 4 minutes, stirring occasionally, or until softened.
5. Stir in spices and cook for 1 minute.
6. Return lamb to removable cooking bowl and add stock; mix well.
7. Cover with lid. Press the SLOW COOK HIGH BUTTON and cook for 3 – 4 hours or SLOW COOK LOW BUTTON and cook for 5 – 6 hours.
8. Stir through yoghurt and coriander. Season to taste with salt and pepper. Serve with steam rice.

**Note:** To achieve even cooking, stir curry half way through cooking time.

## Easy Osso Bucco

Serves 4

### Ingredients

- 6 x 4cm thick Osso Bucco (Veal shanks)
- 2 tablespoons plain flour
- 2 tablespoons olive oil
- ⅓ cup white wine
- 400 g can diced tomatoes
- 2 teaspoons caster sugar
- Salt and freshly ground black pepper
- Gremolata
- 4 cloves garlic, finely chopped
- Finely grated rind of 1 lemon
- ½ cup chopped fresh parsley

### Method

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add oil and heat for 1 minute.
3. Coat osso bucco in flour, shaking off excess and cook in small batches until lightly browned. Remove and set aside.
4. Add wine and bring to the boil; simmer for 1 – 2 minutes, scraping up any of the sediment in the base of the bowl.
5. Return osso bucco to removable cooking bowl and add tomato, sugar, salt and pepper.
6. Cover with lid. Press the SLOW COOK LOW BUTTON and cook for 6 – 7 hours. Serve sprinkled with gremolata

## Tex-Mex Beef and beans

Serves 4 – 6

### Ingredients

- 1½ cups dried red kidney beans, soaked overnight in cold water
- 2 tablespoons oil
- 1.3 kg chuck steak cut into 5cm cubes
- 2 large onions, sliced
- 3 cloves garlic, chopped
- 1 tablespoon ground cumin
- 2 teaspoons chilli powder
- 2 teaspoons dried oregano flakes
- 400 g can diced tomatoes
- ½ cup beef stock
- 1 green capsicum cut into large pieces
- Salt and freshly ground black pepper
- Sour cream, guacamole, grated cheddar cheese to serve

### Method

1. Drain beans and rinse well; drain again and set aside.
2. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
3. Add a little of the oil and heat for 1 minute.
4. Add meat in batches and cook for 2 – 3

minutes or until just browned. Remove and repeat with remaining meat and oil.

5. Add remaining oil and fry onion and garlic until softened but not browned.
6. Stir in spices, tomatoes, stock, capsicum, and return beef to removable cooking bowl.
7. Cover with lid. Press the SLOW COOK HIGH BUTTON and cook for 3 – 4 hours or SLOW COOK LOW BUTTON and cook for 5 – 6 hours.
8. Shred beef with fork and return to dish. Season to taste with salt and pepper. Serve with a dollop of sour cream, guacamole and grated cheese.

## Bolognese sauce

Serves 4

### Ingredients

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 1 kg beef or pork mince
- 1/3 cup tomato paste
- 1/2 cup red wine
- 1 large carrot, grated
- 400 g can diced tomatoes
- 1 teaspoon dried oregano
- 1 bay leaf
- 1/2 cup beef stock or water
- Salt and freshly ground black pepper
- 1/4 cup chopped fresh basil

### Method

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Add oil and heat for 1 minute.
3. Add onion, garlic and cook for 3 – 4 minutes, stirring occasionally, or until softened.
4. Add mince in batches, making sure to break up the lumps while the meat is cooking.
5. Stir in tomato paste and cook for a further 1 minute. Add wine and bring to the boil; simmer for 1 – 2 minutes to cook off the

alcohol.

6. Stir in carrot, tomato, oregano, bay leaf and stock.
7. Cover with lid. Press the SLOW COOK HIGH BUTTON and cook for 3 – 4 hours.
8. Season to taste with salt and pepper and stir through basil just before serving.

## Spicy mixed dhal

Serves 4 – 6

### Ingredients

- 1 tablespoon oil
- 1 tablespoon black mustard seeds
- 1 large red onion, sliced
- 4 cloves garlic, crushed
- 4 cm piece ginger, grated
- 1 tablespoon ground coriander
- 2 teaspoons ground turmeric
- 2 small red chillies, chopped
- 1/2 cup yellow split peas
- 1/2 cup red lentils
- 1/2 cup brown lentils
- 3 cups vegetable stock
- 3 tomatoes, chopped
- Sea salt to taste
- Juice of half a lemon
- 2 tablespoons chopped coriander
- Plain thick yoghurt to serve

### Method

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
  2. Add oil and heat for 1 minute.
  3. Add mustard seeds and cook until they start to pop. Add onion, garlic and ginger and cook 5 – 6 minutes, stirring occasionally, until onion is light golden.
  4. Stir in spices, chilli, lentils, stock and tomatoes. Cover with lid. Press the SLOW COOK HIGH BUTTON and cook for 3 – 4 hours or SLOW COOK LOW BUTTON and cook for 4 – 6 hours.
  5. Season with salt and stir through lemon juice and chopped coriander.
- Serve with yoghurt.



## Risotto Milanese

Serves 4 – 6

### Ingredients

- 1 tablespoon olive oil
- 40 g butter
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 350 g Arborio or Carnaroli rice
- 1 cup white wine
- 4 cups hot chicken stock
- Salt and freshly ground black pepper
- ½ cup grated parmesan cheese

### Method

#### SAUTÉ | SEAR setting

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Remove lid, add oil and half of the butter, heat for 1 minute or until melted.
3. Add onion and garlic, cover with lid, cook for 3 – 4 minutes, stirring occasionally, until onion has softened.
4. Add rice, mix well, cover with lid, cook for 2 – 3 minutes or until rice is glossy.
5. Stir in wine, cover and simmer for 2 – 3 minutes or until wine has been absorbed.

#### RISOTTO Setting

1. Stir in chicken stock, mixing well. Cover with lid and press the RISOTTO button and then the START | CANCEL button.
2. When it has automatically switched to the KEEP WARM setting, which will take about 20 – 30 minutes, remove lid and stir through remaining butter and half the parmesan.

Serve immediately topped with parmesan.

## Risotto al a funghi

Serves 4 – 6

### Ingredients

- 2 tablespoons oil
- 30 g butter
- 6 to 8 eschallots, finely chopped

- 400 g assorted mushrooms, sliced
- 350 g Arborio or Carnaroli rice
- ½ cup dry white wine
- 6 cups vegetable or chicken stock
- ½ cup grated pecorino or parmesan cheese
- 1 tablespoon chopped fresh sage
- Salt and freshly ground pepper

### Method

#### SAUTÉ | SEAR setting

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes.
2. Remove lid, add oil and butter, heat 1 minute or until butter has melted.
3. Add chopped eschallots, cover with lid and cook, stirring occasionally for 3 – 4 minutes or until eschallots have softened.
4. Add mushrooms, cover with lid and cook for 3 minutes or until mushrooms have softened slightly.
5. Add rice, mix well, cover with lid and cook for 2 – 3 minutes, stirring occasionally.
6. Stir in wine, and cook uncovered for 2 – 3 minutes or until all the wine is absorbed.

#### RISOTTO Setting

1. Stir in stock, cover with lid and press the RISOTTO button and then the START | CANCEL button.
2. When it switches to the KEEP WARM setting, which will take about 20 – 30 minutes, remove the lid and stir through grated pecorino cheese and chopped sage. Season to taste with salt and pepper.

Serve immediately.

**Note:** A variety of mushrooms can be used for this recipe i.e.; Swiss Brown, Portobello, shiitake, field, oyster etc.

## Chicken risotto with pesto & rocket

Serves 4 – 6

### Ingredients

- 30 g butter
- 300 g chicken breast fillet, thinly sliced
- 1 tablespoon oil

1 large onion, finely chopped  
3 cloves garlic, finely chopped  
350 g Arborio or Carnaroli rice  
5 cups chicken stock  
1/3 cup pesto  
1/4 cup grated parmesan cheese  
50 g baby rocket leaves  
Extra 1/3 cup grated parmesan cheese

## Method

### SAUTÉ|SEAR setting

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Remove lid, add half of the butter, heat for 1 minute or until melted.
3. Add half the chicken, cover with the lid and cook for 3 – 4 minutes.
4. Remove lid, stir and cook for a further 3 – 4 minutes or until chicken is lightly browned and cooked through. Remove from removable cooking bowl and keep warm. Repeat with remaining chicken, remove and set aside.
5. Heat remaining butter and oil until butter is melted. Add onion and garlic, cover with lid, cook for 3 – 4 minutes, stirring occasionally, until onion has softened.
6. Add rice, mix well, cover with lid, cook for 2 – 3 minutes or until rice is glossy.

### RISOTTO Setting

1. Stir in chicken stock, mixing well. Cover with lid and press the RISOTTO button and then the START|CANCEL button.
2. When it has automatically switched to the KEEP WARM setting, which will take about 20 – 30 minutes, remove lid and stir through cooked chicken, pesto, parmesan cheese and rocket.

Serve immediately with extra freshly grated parmesan.

## Prawn and Asparagus risotto

Serves 4 – 6

### Ingredients

40 g butter  
400 g medium green prawns, peeled and deveined

1 tablespoon oil  
1 onion, finely chopped  
1 small bulb of fennel, halved and thinly sliced  
350 g Arborio or carnaroli rice  
1/2 cup dry white wine  
5 1/2 cups chicken or light fish stock  
1/2 teaspoon ground white pepper  
1 bunch asparagus, trimmed and thinly sliced diagonally  
2 tablespoon fresh lemon juice  
Finely grated rind of 1 lemon  
Sea salt to taste

## Method

### SAUTÉ|SEAR setting

1. Press the SAUTÉ|SEAR button and then the START|CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Remove lid, add 10 g of the butter, heat for 1 minute or until melted.
3. Add prawns, cover with the lid and cook for 4 – 5 minutes or until prawns are cooked. Remove and set aside to keep warm.
4. Add oil and 20 g of the butter to removable cooking bowl. Heat 1 minute or until butter has melted.
5. Add onion and sliced fennel; cover with lid, and cook for 6 – 7 minutes, stirring occasionally, until fennel is tender.
6. Add rice, stir well, cover with the lid; cook for 3 minutes, stirring occasionally.
7. Remove lid, stir in wine and cook uncovered for 2 – 3 minutes, stirring occasionally until all wine is absorbed.

### RISOTTO Setting

1. Stir in chicken stock and pepper, mixing well. Cover with lid and press the RISOTTO button and then the START|CANCEL button.
2. When it has automatically switched to the KEEP WARM setting, which will take about 20 – 30 minutes, remove lid and stir through asparagus slices and remaining 10 g of butter. Cover with lid and leave on KEEP WARM setting for 5 minutes.

3. Stir through lemon juice, lemon rind and season with salt.

Serve immediately with prawns.

## **Thyme, Barramundi and pea risotto**

Serves 4 – 6

### **Ingredients**

- 20 g butter
- 1 tablespoon oil
- 2 leeks, washed and thinly sliced
- 2 loves garlic, finely chopped
- 300 g Arborio or carnaroli rice
- 1 cup dry white wine
- 4 cups chicken or fish stock
- 400 g fresh barramundi fillets cut into 3 cm cubes
- 250 g fresh peas or frozen peas, thawed
- 1 teaspoon finely grated lemon rind
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped fresh parsley
- Salt and ground white pepper
- Lemon wedges to serve

### **Method**

#### **SAUTÉ | SEAR setting**

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with lid on.
2. Remove lid, add butter and oil, heat for 1 minute or until butter has melted.
3. Add leeks and garlic cover with lid, cook, stirring occasionally for 4 – 5 minutes, or until leeks have softened.
4. Add rice, mix well, cover with lid and cook, stirring occasionally for 2 – 3 minutes or until rice is glossy.
5. Stir in wine, cook uncovered for 2 – 3 minutes or until all the wine is absorbed.

#### **RISOTTO Setting**

1. Stir in stock, cover with lid and press the RISOTTO button and then the START | CANCEL button. Cook for 18 – 20 minutes, stirring occasionally or until most of the liquid has been absorbed.

2. Remove the lid and stir through barramundi pieces. Cover with the lid.

3. When the cooker has automatically switched to KEEP WARM setting, which will take about 5 – 10 minutes, remove lid and stir through peas, lemon rind, lemon juice and chopped parsley. Season to taste with salt and pepper.

Serve immediately with wedges of lemon.

**Note:** Any type of firm white boneless fish fillets can be used in this recipe.

## **Turkish Pilaf**

Serves 4 – 6

### **Ingredients**

- 2 tablespoons olive oil
- 1 red onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 teaspoon cardamom pods, finely crushed
- 1 teaspoon ground cumin
- ½ teaspoon ground black pepper
- 1 teaspoon ground turmeric
- 1 bay leaf
- pinch salt
- 450 g Basmati rice, washed and well drained
- 4 cups chicken or vegetable stock
- ½ cup shelled pistachio nuts, chopped
- 1 cup dried apricots, chopped
- ¾ cup currants
- ¼ cup chopped coriander leaves

### **Method**

#### **SAUTÉ | SEAR setting**

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with the lid on.
2. Remove lid, add oil, heat 1 minute.
3. Add onion, garlic, spices and salt. Cover with lid and cook, stirring occasionally for 3– 4 minutes, or until onion has softened slightly and spices are fragrant.
4. Add washed rice, stir well, cover with lid and cook for 2 – 3 minutes, stirring occasionally.

## **RICE|STEAM setting**

1. Stir in stock, cover with lid and press the RICE|STEAM button and then the START|CANCEL button.
2. When the cooker has automatically switched to the KEEP WARM setting, which should take about 15 – 20 minutes, remove lid and discard the bay leaf.
3. Stir in pistachio nuts, apricots, currants and coriander. Serve hot or warm.

## **Steamed whole fish with ginger & green onions**

Serves 2

### **Ingredients**

- 300 – 400 g whole snapper or bream, cleaned and scaled
- 2 cm piece fresh ginger, peeled and cut into thin strips
- 1 lime, sliced
- 1 cup coriander sprigs
- 3 cups water
- 2 tablespoons soy sauce
- 1 tablespoon peanut oil
- 3 green onions, finely sliced

### **Method**

1. Wash and dry the fish. Cut 2 slits at a 45° angle through each side of the fish. Place some of the ginger and a slices of lime into each slit.
2. Place the coriander into the cavity of fish. Place fish into steaming tray.
3. Pour 3 cups of water into the removable cooking bowl. Place steaming tray into removable cooking bowl, cover with lid.
4. Press the RICE|STEAM button and then the START|CANCEL button.
5. Steam fish for about 15 minutes or until flakes when tested with a fork.
6. Remove fish from steaming tray and place onto a serving platter.
7. Combine soy sauce, oil and shallots, pour over fish and serve immediately.

## **Sushi Rice**

### **Ingredients**

- 600 g short grain sushi rice, washed and drained
- 4 cups water
- 2 tablespoons rice vinegar
- 2 tablespoons caster sugar
- ½ teaspoon salt
- Extra tablespoon of rice vinegar for rolling

### **Method**

#### **RICE|STEAM setting**

1. Place washed rice and water into the removable cooking bowl. Cover with lid.
2. Press the RICE|STEAM button and then the START|CANCEL button.
3. When the cooker has automatically switched to the KEEP WARM setting, which will take about 10 – 15 minutes, allow to stand covered on the KEEP WARM setting for 10 minutes
4. Remove lid and spoon rice into a large shallow dish, set aside.
5. Heat vinegar, sugar and salt in a small saucepan over a low heat until sugar dissolves. Sprinkle vinegar mixture over rice and mix well. Allow rice to cool completely before using.

**Tip:** Some sushi recipes require the rice to be shaped by hand. To do this combine 1 tablespoon rice vinegar with ¼ cup water. Use this mixture to keep hands wet while shaping rice.

## **Sushi rolls**

### **Ingredients**

- 6 sheets Nori seaweed
- Prepared Sushi Rice (see recipe)
- Wasabi paste, to taste
- Add any combination of fillings such as:
  - Smoked salmon, thinly sliced
  - Japanese pickled ginger and vegetables
  - Finely sliced cucumber
  - Sashimi salmon or tuna
  - Avocado
  - Shredded carrot

Cooked prawns  
Finely shredded lettuce  
Mayonnaise

## Method

1. Place a sheet of seaweed, shiny side down on a sheet of baking paper or a bamboo rolling mat.
  2. Spread a portion of the rice over a two third of the Nori sheet, leaving a border.
  3. Spread a very thin layer of wasabi paste in a narrow line down the centre of the rice. Top with a selection of fillings.
  4. Using the paper or mat as a guide, roll up the Nori sheet firmly to enclose the filling. Press to seal the edges.
  5. Place the roll seam side down on a chopping board and using a very sharp knife, cut the roll into small portions.
  6. Repeat with remaining Nori sheets and filling.
  7. Cover and refrigerate until ready to serve.
- Serve as soon as possible after preparing.

## Roasted pumpkin & quinoa salad

Serves 4 – 6

### Ingredients

3 tablespoons olive oil  
400 g pumpkin, peeled and cut into 1.5cm cubes  
2 rice scoops quinoa  
3 rice scoops chicken stock  
4 green onion, finely sliced  
3 – 4 dried figs  
50 g baby spinach leaves  
2 tablespoons lemon juice

### Method

#### SAUTÉ | SEAR setting

1. Press the SAUTÉ | SEAR button and then the START | CANCEL button. Heat removable cooking bowl for 3 minutes with lid on.
2. Remove lid, add half the oil, heat 1 minute.
3. Add pumpkin, cover with the lid and cook

for 3 – 4 minutes, stirring occasionally, until softened and lightly golden. Remove and set aside

#### RICE | STEAM setting

1. Add quinoa and stock, mix well, cover with the lid. Press the RICE | STEAM button and then the START | CANCEL button.
2. When Rice has automatically switched to the KEEP WARM setting, which will take about 10 – 15 minutes, remove lid and fluff up with a fork and cool completely. Place cooked quinoa into a large salad bowl and toss through cooked pumpkin, figs and baby spinach leaves.
3. Whisk lemon juice and remaining oil and season with salt and pepper. Drizzle over salad and serve immediately.

## Tropical Mango Rice

Serves 4 – 6

### Ingredients

275 g short grain white rice, washed and drained  
1 cup mango nectar  
1 cup water  
450 g can sliced peaches, drained, juice reserved  
2 teaspoons finely grated lime rind  
270 ml can coconut cream  
¼ cup passionfruit pulp  
1 tablespoon cinnamon sugar

### Method

1. Place washed rice, mango nectar, water and reserved peach juice (set peach slices aside) into the removable cooking bowl, mixing well. Cover with lid.
2. Press the RICE | STEAM button and then the START | CANCEL button.
3. When the cooker has automatically switched to the KEEP WARM setting, stir through lime rind, coconut cream and passionfruit pulp. Cover with lid and stand for 10 minutes on KEEP WARM setting.

Serve warm with reserved peaches and sprinkle with cinnamon sugar

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